

Growth Mindset Challenges: Adult Guidance

This is an information page for parents supporting their children with completing these challenges.

First, what is a 'growth mindset'?

A growth mindset is the belief that abilities can be developed through hard work and persistence. It is the key to unlock children's self-belief and ultimately leads to higher achievement. A 'fixed mindset' is the opposite of this. A fixed mindset believes that talent and intelligence are fixed traits and that hard work will not change this.

Why does it matter?

A growth or fixed mindset can have a significant impact on an individual's lifelong achievements and self-perception. A person with a growth mindset will bounce back after setbacks, be resilient and have a lifelong love of learning. A person with a fixed mindset may give up when problems arise or simply not try because they don't believe they have the ability.

Observe your child during these activities and listen to their language. Do they say phrases such as 'I'm rubbish at this', or 'I can't do it'? If so, then re-frame their thinking. Encourage them by saying phrases such as 'This is hard at the moment but with a bit more practise, it'll get easier!', 'You are on the right track' and 'This is a new challenge. Keep trying'.

Carry this 'growth mindset' thinking into their day-to-day activities and schoolwork. You never know, it may help you too!